Elements	Actions	Definitions
Express Care Show me that I matter to you.	Be Dependable Listen Believe in me Be warm Encourage	• Be someone I can trust. • Really pay attention when we are together. • Make me feel known and valued. • Show me you enjoy being with me. • Praise me for my efforts and achievements.
Challenge Growth Push me to keep getting better.	Expect my best Stretch Hold me accountable Reflect on failures	• Expect me to live up to my potential. • Push me to go further. • Insist I take responsibility for my actions. • Help me learn from mistakes and setbacks.
Provide Support Help me complete tasks and achieve goals.	Navigate Empower Advocate Set boundaries	• Guide me through hard situations and systems. • Build my confidence to take charge of my life. • Defend me when I need it. • Put in place limits to keep me on track.
Share Power Treat me with respect and give me a say.	Respect Time Include me Collaborate Let me lead	• Take me seriously treat me fairly. • Involve me in decisions that affect me. • Work with me to solve problems and reach goals. • Create opportunities for me to take action and lead.
Expand Possibilities Connect me with people and places that broaden my horizon.	Inspire Broaden Horizons Connect	• Inspire me to see possibilities for my future. • Expose me to new ideas, experiences, and places. • Introduce me to more people who can help me grow.